



June 10, 2010

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***Healthy Hometown Advisory Council Meeting June 25 at 10 am at Forum***

Join us for our next Advisory Council Meeting on Friday, June 25<sup>th</sup> at 10 am at the Health Department Forum. We will learn more about the recently awarded Obesity Prevention Grant and Mayor Abramson will present our 2009 Leadership Awards to those volunteers who really stepped up last year. Dr. Troutman will review what is already turning out to be a very exciting and successful year for our Healthy Hometown.

***Congratulations to Our Healthy Hometown Worksite Wellness Award Winners!***

Mayor Abramson and Dr. Troutman presented our 5<sup>th</sup> Annual Worksite Wellness Awards at the Healthy Hometown Worksite Wellness Conference on June 1<sup>st</sup>. The awards were given in three categories and each applicant was selected by a panel of judges. The Start Up Award was presented to ValuMarket food stores for having an excellent program under two years old. The Veteran Award was presented to the University of Louisville Get Healthy Now program for excellence in a program more than 2 years old. The Fleur de Lis Award was presented to the Al J. Schneider Companies for overall excellence in its programming for both the Galt House and Crowne Plaza Hotels. The program also included a keynote address by new U of L Football Coach Charlie Strong. The morning was sponsored by Baptist Health@Work. Supporting sponsors included BB&T Insurance, SHPS and Neace Lukens.

***Are You "Losing It!" Louisville?***

There's still plenty of time for you and your colleagues to sign up to "Lose It, Louisville! More than 700 of your fellow residents have already registered and have lost more than 1,000 pounds, collectively! We still need you to sign up and let us know how many pounds you are losing every week. . .or every day. . .as we work toward our community goal of losing 100,000 pounds by Labor Day! Mayor Abramson and Dr. Troutman are logging in their weight loss every week – and you can, too. Just go to [www.loseitlouisville.com](http://www.loseitlouisville.com) and keep us posted. You'll receive encouraging e-mails with healthy tips, news about your fellow Lose It participants and a chance to win prizes such as free groceries and gift cards! Sign up today so we can all be Losers!!!!

***Friends of the Waterfront Host First Annual River Walk on Mayor's Mile***

The First Annual FOTW River Walk will be held June 11 from 11 am to 1 pm at Waterfront Park. The walk will follow the new Mayor's Mile, which is an optional 1 or 2 mile path through the park that opened last fall. Groups and individuals are encouraged to register by calling Kelley Lewis at 574-3768 or going to [www.friendsofthewaterfront.com](http://www.friendsofthewaterfront.com). A \$30 fee includes a t-shirt and healthy lunch as part of the event. Mayor's Miles continue to be developed throughout the community as a way to distance mark walking and to encourage walking as a group activity.

***Farmers' Markets Roll Out Fresh, Healthy Food and Fun***

Farmers' Markets are opening up throughout the city, providing an excellent resource for fresh fruits and vegetables. In addition, they create a sense of community and contribute to some wholesome and healthy fun with family and friends. For a full listing of available markets along with their hours of operation, visit [our website](#). Here are a few we have checked out lately:

**Mini-Farmers Market**

**Urban Government Center  
810 Barrett Ave.**

**Wednesdays  
3:30-5:30 pm**

**greens, fruit, eggs  
beef, onions**

<b>Gray Street Market</b>	<b>400 East Gray Across from Health Dept.</b>	<b>Thursdays 10:30 am-2pm</b>	<b>cooking demos fruit, vegetables</b>
<b>Jefferstown Farmers' Market</b>	<b>Jefferstown Pavilion on Watterson Trail in the heart of the city</b>	<b>Tuesdays 3:00-7:00 pm Saturdays 7:00 am –noon</b>	<b>fruits, vegetables bedding plants, meats, cheeses, desserts, breads</b>

***Upcoming Mayor's Healthy Hometown Movement Committee Meetings:*** All meetings are held at the Louisville Metro Health Dept., 400 East Gray Street unless otherwise noted:

<b>Food In Neighborhoods</b>	<b>August 2</b>	<b>5:30 pm</b>	<b>Downtown YMCA Association Office</b>
<b>Schools</b>	<b>June 25</b>	<b>9 am</b>	<b>Before the larger MHHM meeting</b>
<b>Worksite Wellness</b>	<b>June 17</b>	<b>8 am</b>	<b>Baptist East Milestone Wellness Center</b>
<b>Step Up, Louisville!</b>	<b>Subcommittees are meeting in June. Contact Rolf Eisinger for more information: <a href="mailto:john.eisinger@louisvilleky.gov">john.eisinger@louisvilleky.gov</a></b>		

### ***Healthy Hometown Partner News:***

#### ***Slots Still Available for Food Literacy Project's June Family Programs: Register Today!***

The Food Literacy Project is offering a series of Family Programs this year in June and September. Family Program participants will enjoy a day on the farm full of family-friendly activities including baking homemade bread with butter, a tasting tour of the farm, veggie-based arts and crafts, cooking demonstrations, planting seeds, service learning and more. All of our Family Programs take place on Field Day Farm at Oxmoor between 11am and 3pm. The dates are:

- \* June 19th, Family Farm Day: Bountiful Bread
- \* June 30th, Family Farm Day: Bountiful Bread
- \* September 11th, Family Farm Day: Field-to-Fork
- \* September 29th, Home School Family Day: Field-to-Fork

Families must pre-register to participate, and can download a registration form from the FLP website at [www.foodliteracyproject.org](http://www.foodliteracyproject.org). The cost is \$10 per person, children 2 and under are free! We have a limited number of scholarships available for families who qualify based on financial need. For more information contact the Program Director, Angelique Perez at 491-0072 or [angelique@foodliteracyproject.org](mailto:angelique@foodliteracyproject.org).

#### ***Stone Soup Community Kitchen Events have Begun!***

Join fellow foodies for this month's Stone Soup event, Saturday June 19 at the Presbyterian Community Center, 701 S. Hancock St. Participants prepare a meal together that everybody shares, with food from local farmers markets. Please plan to arrive promptly at the 4:00pm and stay until 7:00pm. Enjoy a full cooking experience, from prep to clean up! This event is FREE and FUN for the WHOLE family and will create a sense of community through cooking! For more information visit [www.stonesoupky.org](http://www.stonesoupky.org) or call Community Farm Alliance at 775-4041.

### ***Kentucky Sends Delegate to Outdoor Nation Youth Summit in NYC***

River City Canoe & Kayak of Louisville will sponsor a Murray State University student to attend this summer's Outdoor Nation Youth Summit in New York to present a youth paddling mentor program between U of L students and middle-school students. Sarah Keltz plans to initiate the program in Louisville during the 2010-2011 school year. Metro Parks, Kentuckiana Girl Scouts Council and Councilman Tom Owen are also supporting the project. The Summit provides young people from throughout the country a chance to come together and hone their ideas for youth-oriented physical activity programming in their home cities and states.

### ***WHAS 11 Seeks Performers for 2nd Annual Health & Fitness Expo***

WHAS 11 is providing FREE performance space to local performers who want to reach the more than 15,000 people expected to attend. The Expo offers demonstrations in dancing, aerobics, jazzercise, boxing, cycling, rock climbing and much more. Space is available at either the Demonstration Stage or Dance Performance area. The Expo is scheduled for Friday and Saturday, July 9<sup>th</sup> and 10<sup>th</sup> at the Kentucky International Convention Center from 11 am until 4 pm. Please call 910-328-5592 or e-mail [patltoler@gmail.com](mailto:patltoler@gmail.com) to schedule a time. Or call Terese at 860-830-6129 for more information.

### ***New 4<sup>th</sup> Street Mayor's Mile Launched***

With the help of the American Heart Association and Kindred Healthcare, the Healthy Hometown has added a new Mayor's Mile to downtown Louisville. The Mile, which runs along 4<sup>th</sup> Street from Broadway north to Jefferson Street and back to Broadway, was introduced as part of the Heart Association's START! Walking program and is co-sponsored by Kindred as part of its worksite wellness activities.

Mayor's Miles are a distance marking program designed to encourage walking throughout the city. Mayor's Miles are located at Waterfront Park, which provides both a 1-mile and 2-mile walking option, Spalding University Campus, the Frankfort Avenue Reservoir, the University of Louisville Hospital Campus and the 4<sup>th</sup> Street Pedway from the Galt House to 4<sup>th</sup> Street Live! Mayor's Miles are also in selected Metro Parks. Mayor's Miles are sponsored by the Louisville Water Company. For more information about how you can get a Mayor's Mile for your business, neighborhood or school, contact [marigny.bostock@louisvilleky.gov](mailto:marigny.bostock@louisvilleky.gov).

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The ***Mayor's Healthy Hometown Movement News*** is designed to keep you informed of important Healthy Hometown Happenings as well as create a communications connection for all ***Healthy Hometown*** partners and interested participants. We encourage you to share any news, events and updates generated through your organizations and efforts ---all part of the Mayor's goal to make this one of the healthiest communities in America.

**To submit information** for publication consideration, please **DO NOT HIT REPLY**. Send edited items, including specific dates and times for events to [smlcomm@att.net](mailto:smlcomm@att.net). Please include any pertinent web links and an e-mail source for more information.

This is a publication of the **Mayor's Healthy Hometown Movement** and is distributed through the Louisville Metro Health Department. Please feel free to share this newsletter with anyone who has an interest in a healthy community. If you do not wish to receive this newsletter please notify us at [mary.bradley@louisvilleky.gov](mailto:mary.bradley@louisvilleky.gov).